

**San Pasqual Union School District  
Local School Wellness Plan 2025-26**

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## **1. San Pasqual Union School District Governing Board Policy 5030: Student Wellness**

The Board of Trustees recognizes the link between student health and learning and desires to provide a comprehensive program promoting healthy eating and physical activity for district students. The Superintendent or designee shall coordinate and align district efforts to support student wellness through health education, physical education and activity, health services, nutrition services, psychological and counseling services, and a safe and healthy school environment. In addition, the Superintendent or designee shall develop strategies for promoting staff wellness and for involving parents/guardians and the community in reinforcing students' understanding and appreciation of the importance of a healthy lifestyle.

### *School Health Council/Committee*

The Superintendent or designee shall encourage parents/guardians, students, food service employees, physical education teachers, school health professionals, Board members, school administrators, and members of the public to participate in the development, implementation, and periodic review and update of the district's student wellness policy. (42 USC 1758b)

To fulfill this requirement, the Superintendent or designee may appoint a school health council or other district committee whose membership shall include representatives of these groups. He/she also may invite participation of other groups or individuals, such as health educators, curriculum directors, counselors, before- and after-school program staff, health practitioners, and/or others interested in school health issues.

The school health council/committee shall advise the district on health-related issues, activities, policies, and programs. At the discretion of the Superintendent or designee, the duties of the council/committee may also include the planning, implementation, and evaluation of activities to promote health within the school or community.

### ***Goals for Nutrition, Physical Activity, and Other Wellness Activities***

The Board shall adopt goals for nutrition promotion and education, physical activity, and other school-based activities that promote student wellness. (42 USC 1758b)

The district's nutrition education and physical education programs shall be based on research, shall be consistent with the expectations established in the state's curriculum frameworks and content standards, and shall be designed to build the skills and knowledge that all students need to maintain a healthy lifestyle.

The nutrition education program shall include, but is not limited to, information about the benefits of healthy eating for learning, disease prevention, weight management, and oral health. Nutrition education shall be provided as part of the health education program and, as appropriate, shall be integrated into other academic subjects in the regular educational program, before- and after-school programs, summer learning programs, and school garden programs.

To reinforce the district's nutrition education program, the Board prohibits the marketing and advertising of non-nutritious foods and beverages through signage, vending machine fronts, logos, scoreboards, school supplies, advertisements in school publications, coupon or incentive programs, free give-aways, or other means.

All students shall be provided opportunities to be physically active on a regular basis. Opportunities for moderate to vigorous physical activity shall be provided through physical education and recess and may also be provided through school athletic programs, extracurricular programs, before- and after-school programs, summer learning programs, programs encouraging students to walk or bicycle to and from school, in-class physical activity breaks, and other structured and unstructured activities.

The Board may enter into a joint use agreement or memorandum of understanding to make district facilities or grounds available for recreational or sports activities outside the school day and/or to use community facilities to expand students' access to opportunities for physical activity.

Professional development shall be regularly offered to health education and physical education teachers, coaches, activity supervisors, food services staff, and other staff as appropriate to enhance their health knowledge and skills.

The Superintendent or designee may disseminate health information and/or the district's student wellness policy to parents/guardians through district or school newsletters, handouts, parent/guardian meetings, district and school websites, and other communications. Outreach to parents/guardians shall emphasize the relationship between student health and academic performance.

In order to ensure that students have access to comprehensive health services, the district may provide access to health services at or near district schools and/or may provide referrals to community resources.

The Board recognizes that a safe, positive school environment is also conducive to students' physical and mental health and thus prohibits bullying and harassment of all students, including bullying on the basis of weight or health condition.

The Superintendent or designee shall encourage staff to serve as positive role models for healthy eating and physical fitness. He/she shall promote work-site wellness programs and may provide opportunities for regular physical activity among employees.

### ***Nutritional Standards and Guidelines for Foods Available at School***

In alignment with federal regulations, all foods available on campus during the school day shall follow nutritional guidelines consistent with 42 USC 1773, 1779, and 1758b. These guidelines support the overarching objectives of promoting student health and reducing childhood obesity.

In order to maximize the district's ability to provide nutritious meals and snacks, all district schools shall participate in available federal school nutrition programs, including the National School Lunch and School Breakfast Programs and after-school snack programs, to the extent possible. When approved by the California Department of Education, the district may sponsor a summer meal program.

The Superintendent or designee shall provide access to free, potable water during meal times in the food service area in accordance with Education Code 38086 and 42 USC 1758, and shall encourage students' consumption of water by educating them about the health benefits of water.

The Board believes that all foods and beverages sold to students at district schools, including those available outside the district's food services program, should support the health curriculum and promote optimal health. Nutritional standards adopted by the district for foods and beverages provided through student stores, vending machines, or other venues shall meet or exceed state and federal nutritional standards.

The Board believes that all foods and beverages sold or provided to students—whether through the district's food services program or other sources such as student stores, vending machines, school events, or classroom celebrations—should reinforce the district's health curriculum and promote lifelong wellness. Therefore, the nutritional standards adopted by the district shall meet or exceed all applicable federal and state requirements.

The district further aligns with the USDA Smart Snacks in Schools standards, which limit added sugars, saturated fats, and excess sodium while promoting nutritious alternatives. All snacks brought onto campus during school hours for birthdays, class parties, or other celebrations must comply with these Smart Snacks guidelines. This policy supports:

- The district's student wellness goals
- The USDA Smart Snacks standards
- Research linking high sugar intake to learning challenges, behavioral concerns, and long-term health risks

To support implementation, an **approved snack list** and a **wellness newsletter** with tips for choosing fun, tasty, and compliant snacks are attached.

The Superintendent or designee shall encourage school organizations to use healthy food items or non-food items for fundraising purposes. He/she also shall discourage the use of non-nutritious foods as rewards for academic achievement, behavior, or classroom participation.

School staff shall actively involve parents/guardians and volunteers in supporting the district's nutrition education goals. All snacks donated for class parties or celebrations must align with the district's nutritional standards, including the USDA Smart Snacks in Schools guidelines. To minimize disruption to student meals and reinforce healthy habits, class parties and celebrations shall be scheduled after the lunch period whenever possible.

### ***Program Implementation and Evaluation***

The Superintendent shall designate one or more district or school employees, as appropriate, to ensure that each school site complies with this policy. (42 USC 1758b)

The Superintendent or designee shall assess the implementation and effectiveness of this policy at least once every two years.

The assessment shall include the extent to which district schools are in compliance with this policy, the extent to which this policy compares to model wellness policies available from the U.S. Department of Agriculture, and a description of the progress made in attaining the goals of the wellness policy. (42 USC 1758b)

The Board and the Superintendent or designee may establish indicators that will be used to measure the implementation and effectiveness of the district activities related to student wellness. Such indicators may include, but are not limited to:

1. Descriptions of the district's nutrition education, physical education, and health education curricula and the extent to which they align with state academic content standards and legal requirements
2. An analysis of the nutritional content of school meals and snacks served in all district programs, based on a sample of menus and production records
3. Student participation rates in all school meal and/or snack programs, including the number of students enrolled in the free and reduced-price meals program compared to the number of students eligible for that program
4. Extent to which foods sold on campus outside the food services program, such as through vending machines, student stores, or fundraisers, comply with nutritional standards
5. Results of the state's physical fitness test at applicable grade levels
6. Number of minutes of physical education offered at each grade span, and the estimated percentage of class time spent in moderate to vigorous physical activity
7. A description of district efforts to provide additional opportunities for physical activity outside of the physical education program
8. A description of other districtwide or school-based wellness activities offered, including the number of sites and/or students participating, as appropriate

The Superintendent or designee shall invite feedback on district and school wellness activities from food service personnel, school administrators, the school health council, parents/guardians, students, teachers, before- and after-school program staff, and/or other appropriate persons.

As feasible, the assessment report may include a comparison of results across multiple years, a comparison of district data with county, statewide, or national data, and/or a comparison of wellness data with other student outcomes such as academic indicators or student discipline rates.

The Superintendent or designee shall inform and update the public, including parents/guardians, students, and others in the community, about the content and implementation of this policy and assessment results. (42 USC 1758b)

In addition, the assessment results shall be submitted to the Board for the purposes of evaluating policy and practice, recognizing accomplishments, and making policy adjustments as needed to focus district resources and efforts on actions that are most likely to make a positive impact on student health and achievement.

#### *Posting Requirements*

Each school may post the district's policies and regulations on nutrition and physical activity in public view within all school cafeterias or in other central eating areas. (Education Code 49432)

## **2. Policy Implementation and Assessment**

### **Committee Role and Membership**

The Wellness Committee shall be comprised of students and representatives from school nutrition services, health educators (including mental health specialists), health professionals, school administrators, and others interested in school wellness. The draft Wellness Policy and subsequent updates will be reviewed by School Site Council (SSC) before being submitted to the School Board for approval. SSC and School Board agendas, minutes, meeting times, and meeting locations are posted on the district website.

### **Committee Members**

Mark Burroughs, Superintendent/Principal  
Nicole Zdunich, Assistant Principal  
Kristin DiNofia, CBO  
Maria Anguiano, Health Clerk  
Jessica Hurtado, Nutrition and Food Services Supervisor  
Sarah Hanson, Physical Education Teacher  
Andrea Encinas, Instructional Aide  
Jenny Grassy, Assistant to the Superintendent/Office Manager  
Student Leaders (ASB)

### **Leadership**

The superintendent or a designated district-level wellness lead will convene the Wellness Committee, facilitate updates to the wellness policy, assess progress, and ensure compliance with the policy.

Designated District Level Wellness Lead:

Mark Burroughs  
Superintendent/Principal  
[mark.burroughs@sanpasqualunion.net](mailto:mark.burroughs@sanpasqualunion.net)

### **Implementation**

The superintendent or designee will identify a wellness lead to be accountable for ensuring the school's compliance with the wellness policy.

Based on the results of schoolwide assessments and community input, action plans will be developed and implemented relative to their school health and wellness needs.

### **Assessment Requirement**

An assessment will be conducted every two years, at a minimum. This assessment will determine:

- How the wellness policy compares to model wellness policies
- Compliance with the wellness policy
- Progress made in attaining the goals of the wellness policy

### **Recordkeeping**

The district will retain records to document compliance with the requirements of the Wellness Policy. Documentation will include but is not limited to:

- The current, board-approved wellness policy
- How the policy and assessments are made available to the public
- The most recent assessment of the implementation of the policy
- Efforts to review and update the policy, including who was involved in the process and how stakeholders were made aware of the ability to participate

### **Reporting and Posting**

The Superintendent or designee will report annually to the board on the progress toward meeting the goals of the wellness policy. This report will include, but is not limited to:

- The website address for the wellness policy and/or how the public can receive/access a copy of the wellness policy
- The name, position title, and contact information of the designated district wellness lead
- Results of the current triennial assessment and any other assessments

The current wellness policy will be posted in the school's kitchen.

The wellness policy and most current assessment report will be included on the district website.

A link to this information on the district website will be included on all school websites and in student/parent/guardian handbooks.

### **Community Involvement, Outreach, and Communications**

The district is committed to being responsive to community input beginning with awareness of the wellness policy. The district will actively communicate ways in which staff, parents/caregivers, and community partners can participate in the development, implementation, and periodic review and update of the wellness policy, as well as how to participate and support the policy.

The district will engage with students and youth leaders to include youth voices and feedback in policies that directly affect them.

The district will use communication channels such as email, district and school websites, newsletters, social media, student/parent/guardian handbooks, back-to-school packets, presentations, and other communication channels that the district uses to communicate other



important school information to parents. The district will ensure that communications are culturally and linguistically appropriate to the community.

### **3. Health Education**

Following the [California Health Education Framework](#), the district will encourage ongoing health education for all grade levels designed to motivate and help students maintain and improve their health, prevent disease, and avoid health-related risk behaviors.

Health Education Goals:

- Provide comprehensive health education to foster health-literate students who practice and understand healthy lifestyle practices throughout their lifetimes.
- Encourage health educational activities that promote environmentally friendly practices.
- Explore and establish partnerships and/or joint-use arrangements with families and community organizations to support comprehensive health education.
  - [SPU Wellness Plan Resources](#)
- Follow the [California Health Education Standards](#) and provide education in the six content areas as part of a skills-based health education program.

#### **4. Nutrition Education**

Pursuant to the requirements of the California Education Code, nutrition education shall be:

- provided as part of the health education program in grades Pre-K through 12
- integrated into instruction in core academic subjects and offered through before and after-school programs
- based on research, consistent with the expectations established in the state's curriculum frameworks and content standards
- designed to build the skills and knowledge that all students need to maintain a healthy lifestyle

District schools will assess learning of core health concepts by requiring students to demonstrate ways they can enhance and maintain their nutrition-related health and well-being, using skills such as nutrition literacy and menu planning.

#### **Experiential Learning**

Districts shall support and encourage the establishment of a school garden to promote nutrition education and physical education. Staff shall integrate experiential education activities—such as planting, harvesting, cooking demonstrations, and farm tours—into existing curricula at all grade levels to enhance student understanding of the food system, reinforce healthy nutrition behaviors, and promote locally produced food to students.

Schools are encouraged to establish partnerships and/or joint-use arrangements with outside organizations to support the sustainability of their school gardens as appropriate.

#### **Integration with the School Food Environment**

Nutrition education messages from the classroom will be modeled in the cafeteria and across campus by offering garden- and local farm-grown food whenever possible within the reimbursable federal meal program, a la carte sales, fundraising, student-run vending programs, and after-school/extracurricular programs.

## **5. School Meals**

All reimbursable school meals will meet or exceed current nutrition recommendations of the *U.S. Dietary Guidelines for Americans* and the school meal nutrition standards specified by the United States Department of Agriculture and the California Department of Education. The meal patterns and dietary specifications for [Breakfast](#) and [Lunch](#) will be followed as established by the U.S. Department of Agriculture.

Meals served within federally reimbursable meal programs will be designed to feature fruits and vegetables and other healthy foods from local sources to the greatest extent possible.

The school will provide substitutions for students with dietary restrictions, special dietary needs, or cultural or ethnic variations in food preferences to the greatest extent possible.

The school shall share information about the nutritional content and ingredients of meals with parents and students. Such information will be made available on the school website, cafeteria menus, or menu boards, and by other means available to communicate with the school community.

To the maximum extent practicable, all schools will participate in available federal school meal programs (i.e., School Breakfast Program, National School Lunch Program, Summer Food Service Program, Fruit and Vegetable Snack Program, and CACFP At-Risk Afterschool Supper Program).

- **School Breakfast Program**

Schools will communicate the importance of healthy breakfast to parents and will notify them of the availability of the School Breakfast Program. Schools will, to the extent possible, encourage participation in school breakfasts by ensuring that meals are convenient and that students have adequate time to eat them. This will be accomplished by arranging bus schedules to allow students to obtain breakfast once they are on campus and have at least 10 minutes to eat it or providing a nutrition break.

- **Summer Food Service Program**

Less than 50% of students at San Pasqual Union School are eligible for free or reduced-price school meals. As such, SPU is not eligible for the Summer Food Service Program.

- **CACFP At-Risk Afterschool Supper Program**

Less than 50% of students at San Pasqual Union School are eligible for free or reduced-price school meals. As such, SPU is not eligible for the CACFP At-Risk Afterschool Supper Program.

### **Local Sourcing of Food**

The district shall foster a culture of support for growing and procuring fresh, local produce through community engagement, opportunities for school gardens, and Farm-to-School. The program will set goals to increase procurement of local produce and other foods made or sourced from San Diego County and the state of California.

The Child Nutrition Program will participate to the extent possible in programs such as [The Center for Ecoliteracy's California Thursday Network](#), the [San Diego County Farm to School Task Force](#), and [The Center for Good Food Purchasing's Good Food Purchasing Program](#).

### **Water**

Schools shall provide access to free, potable water during meal times in the food service area per Education Code 38086 and 42 USC 1758, and shall encourage students' consumption of water by educating them about the health benefits of water and serving water in an appealing and convenient manner (e.g. water fountains designed to easily refill cups and reusable water bottles, 5-gallon water dispensers placed in central locations in the cafeteria, signage promoting water use, etc.).

Availability and consumption of free water are supported throughout the day. Students may bring drinking water into the classroom provided the container is capped, such as a recyclable or reusable bottle. These vessels are not to be shared among students.

The District will support efforts to purchase and install bottle filling stations (with filters if contaminants are a concern) that can accommodate the filling of reusable water vessels.

Drinking fountains and bottle-filling stations should be inspected and maintained on a regular schedule.

### **Meal Periods and Scheduling for Schools**

District schools will schedule meal periods at appropriate times, i.e., lunch will be scheduled between 11 a.m. and 1:45 p.m. The district shall not schedule tutoring, clubs, or organizational meetings or activities during mealtimes, unless students have adequate time to eat before, during, or after such activities.

For students attending an off-campus field trip during a scheduled lunchtime, at the students' request, the school will provide school lunches to take on the field trip. Adult chaperones should NOT purchase food or drinks for students while on a field trip.

District schools will provide students with at least 20 minutes to eat lunch and at least 10 minutes to eat breakfast.

Schools shall, when possible, schedule lunch meal times to follow lunch recess times at elementary sites to promote meal consumption and to decrease food waste.

### **Meal Settings**

The district has a closed-campus policy. School staff may not provide permission for students to leave campus for lunch unless accompanied by an approved adult.

All students will be guaranteed a clean and safe lunch setting on campus with adequate space and appropriate adult supervision.

In addition to providing a clean and safe environment, students and staff shall have access to hand washing, preferably with soap and water. Hand sanitizer may be used where sinks are not available.

### **Sharing of Food and Beverages**

The sharing of foods or beverages with one other during meal or snack times is discouraged due to concerns about food allergies, dietary restrictions, and the spread of disease.

### **Qualifications of Child Nutrition Program Staff**

Qualified child nutrition professionals will administer the school meal programs. As part of the school district's responsibility to operate a food service program, continuing professional development for all school nutrition professionals will be provided in accordance with the [USDA Professional Standards for State and Local Nutrition Programs](#).

Staff development programs should include appropriate certification and/or training programs for child nutrition directors, school nutrition managers, and cafeteria workers, according to their levels of responsibility.

### **Food Safety & Sanitation**

All food items brought on campus by parents/guardians or other volunteers or school staff for student celebrations and activities shall be commercially packaged and pre-wrapped with an ingredients label so students with food allergies are protected from accidental exposure. No home-cooked food shall be served to students to minimize the risk of foodborne illnesses or allergic reactions.

Food service equipment and facilities must meet applicable local and state standards for health, sanitation, and safety. [Hazard Analysis and Critical Control Points \(HACCP\) plans and guidelines](#) shall be implemented to prevent foodborne illness in schools.

All food handlers must meet the food safety certification requirements established by the County of San Diego Department of Environmental Health.

## **6. Competitive Foods: Fundraisers, Events, and Classroom Celebrations**

“Competitive foods” refers to any food or beverage sold or served to students on campus outside of the reimbursable meal service. They are called competitive foods as they compete with nutritious school meals.

These standards will apply to foods and beverages provided during the regular school day.

All staff and students shall comply with the following:

- The Child Nutrition Director will have the responsibility and authority to oversee and approve all food and beverages to be sold and served to the students by any entity, starting at midnight and up to one-half hour after the school day, to ensure food safety and to maximize the school’s ability to serve healthy and appealing meals.
- Ensure all foods and beverages offered or provided by the school meet or exceed the California Smart Snacks guidelines. To ensure compliance for outside foods and beverages, parents, and staff may use the [Nutrition Calculator](#) to determine compliance and reference the [San Pasqual Smart Snacks Approved List](#) for approved snacks.
- Ensure that candy or any other food of minimal nutritional value will not be available for sale to students.
- Only permit the marketing and advertising of foods and beverages that meet the [California Smart Snacks in School nutrition standards](#).

### **Fundraising, Rewards, and Celebrations**

#### **Fundraising**

From midnight through 30 minutes after the school day ends, all school fundraisers on the school campus shall comply with the [California Smart Snacks in School nutrition standards](#). For a quick reference guide to approved snacks, please reference [San Pasqual Smart Snacks Approved List](#).

#### **Rewards**

School staff are prohibited from using candy, foods, and beverages not included on the [approved snack list](#) as a reward for students' academic performance, accomplishments, or classroom behavior. Instead, school staff are encouraged to use physical activity, such as extended recess, as a reward. To support implementation, an [approved snack list](#) and a [wellness newsletter](#) with tips for choosing fun, tasty, and compliant snacks are attached.

#### **Celebrations**

School staff shall require parents/guardians or other volunteers to support the district's nutrition education program when selecting any snacks that they may donate for occasional class parties. The District will educate parents/guardians on the appropriate snack options through educational materials like the [SPU Healthy Choices flyer](#) and the [SPU Smart Snacks Approved List](#). Parents, guardians, and teachers should refer to these materials for healthy food

ideas and non-food celebrations.

All food items brought on campus by parents/guardians or other volunteers or school staff for student celebrations and activities shall be commercially packaged and pre-wrapped with an ingredients label so students with food allergies are protected from accidental exposure. No home-cooked food shall be served to students to minimize the risk of foodborne illnesses or allergic reactions.

Classroom parties and school celebrations that include food or beverages shall be held after the lunch period when possible.



## **7. Physical Education**

The district will provide all students TK through 8th grade with Physical Education, using an age-appropriate, sequential Physical Education curriculum consistent with the expectations established in the [state's curriculum framework](#) and [content standards](#).

The Physical Education curriculum will promote the benefits of a physically active lifestyle, help develop lifelong healthy habits, and incorporate essential health education concepts.

### **Class and Teacher Requirements**

All students will be provided the opportunity to participate in Physical Education classes taught by a certified or licensed Physical Education teacher.

The school district shall provide all Physical Education teachers with annual professional development opportunities focused on Physical Education/physical activity topics and competencies specifically for Physical Education teachers.

### **Instruction Requirements**

All district students in each grade will receive Physical Education for at least 200 minutes every 10 days throughout the school year.

Physical Education classes will have a goal that students will be moderately to vigorously active for at least 50% of class time during most or all class sessions.

The district will make appropriate accommodations to allow for equitable participation for all students and will adapt Physical Education classes and equipment as necessary.

Temporary exemptions from Physical Education are limited to students whose medical conditions do not allow for inclusion in the general, modified, or adapted Physical Education program. The district will not allow students to substitute other school or community activities (other school sports, marching band, etc.) for the physical education time requirement.

### **Fitness Data Collection**

The district will administer a physical fitness test to 5th and 7th-grade students to meet state or federal requirements. Students will receive their individual fitness test results upon completing the test. Results of fitness tests will be reported to the school board annually.

## **8. Physical Activity**

In order for students to receive the nationally recommended amount of daily physical activity (i.e., at least 60 minutes per day), the district will provide all of its students with a comprehensive, school-based physical activity program (CSPAP) that includes the following components: Physical Education, recess, classroom-based physical activity, active transport to school, and out-of-school time activities. Schools will ensure that these varied opportunities are provided in addition to, and not as a substitute for, Physical Education.

To the extent practicable, the district will ensure that its grounds and facilities are safe, and that equipment is available to students to be active. The district will conduct necessary inspections and repairs.

### **Recess (Primary grades)**

All students will be offered at least 20 minutes of recess per day during the school year in addition to lunch recess. Outdoor recess will be offered outdoors when conditions allow for outdoor play. If the school or district must conduct indoor recess, teachers and staff will follow the indoor recess guidelines that promote physical activity for students, to the extent practicable.

During recess, recess monitors and other staff will encourage students to be active and will serve as role models by being physically active alongside the students whenever feasible.

### **Active Academics**

Each school should provide students and staff with opportunities for moderate physical activity at least once every 60 minutes of academic instruction, incorporating kinesthetic learning approaches into core subjects whenever it is feasible and offering short (3-5 minute) physical activity breaks when it is not. Teachers will serve as role models by being physically active alongside the students whenever possible.

The district will offer ongoing professional learning opportunities and resources for staff to increase knowledge and skills about promoting healthy behaviors in the classroom and school (increasing the use of kinesthetic teaching approaches or incorporating nutrition lessons into math class, for example).

### **Before and After School Activities**

All district schools will offer opportunities for physical activity before and/or after the school day and will encourage all students to participate through a variety of methods. Contracts with expanded learning providers will include physical activity as a required component.

### **Active Transport**

The district will encourage students to walk or bike to school. The district will assess routes and, if necessary, facilitate improvements to make it safer and easier for students to walk and bike to school.

**Joint Use Agreements**

The District will develop joint-use agreements to make district facilities or grounds available for recreational, sports, and gardening activities outside the school day and/or to use community facilities to expand students' access to opportunities for physical activity to the greatest extent possible.

## **9. Health and Wellness Services**

The district recognizes that good health among its staff and school community helps to improve student attendance, fosters a more cohesive school culture, and ultimately improves student achievement. The delivery of health services (including medical, dental, vision, and behavioral health) is an important concern, particularly when students may lack access to basic, quality health care. The district will make efforts to increase access to healthcare services and provide health education and related resources to students, staff, and families.

The district's goal is to have 100% daily onsite coverage of health services provided by either a nurse or health paraprofessional.

Every child that enters TK or kindergarten will be required to have a dental examination.

### **Health Assessments**

Fully qualified and credentialed school personnel and our approved community partners shall provide student health assessments during school hours, including tests for vision and hearing. When these screenings identify health or wellness issues, school personnel or approved community partners shall make the appropriate medical, psychological, social service, or dental referral for students.

Per Education Code Section 49452.8, students will be required to present proof of having received an oral health assessment by a licensed dentist, or other licensed or registered dental health professional, by May 31 of their first year enrolled in public school. For students who were not enrolled in TK or kindergarten at a public school, the oral health assessments will be collected in the first grade. The oral health assessment must be performed no earlier than 12 months prior to the date of the initial enrollment of the student.

As the Kindergarten Oral Health Assessment (KOHA) forms are collected throughout the year, designated school staff will review forms to ensure they are accurately completed and note children in need of care. When "urgent care" is noted, designated school staff shall make the appropriate dental referral for students through documented parent/caregiver communication. When "early care recommended" is noted, parents/caregivers will be provided a list of dental clinics in their area.

### **Oral Health**

Recognizing that oral health is integral to general health and that undiagnosed and untreated oral conditions may interfere with a child's ability to eat, sleep, or function well at home or at school due to discomfort or pain, schools will communicate annually with parents/caregivers about the importance of oral health and its links to academic performance.

Restricting candy and other high-sugar foods, and adhering to the USDA Smart Snacks guidelines, helps protect students' oral health by reducing exposure to added sugars that

contribute to tooth decay. These efforts align with the district's broader goals of promoting student wellness and academic success.

Teachers are encouraged to teach one lesson each school year incorporating the importance of oral health as a part of Health Education. Grade-appropriate oral health topics may include prevention of oral health problems, nutrition, and tobacco use, including cannabis and vaping.

Schools will support preventive services for oral health through school-based health centers, on-campus screenings, and fluoride varnish applications, such as those offered through the County of San Diego's Oral Health Programs, and referrals to a dental home for dental sealants and regular care.

### **Lactation Accommodation**

In recognition of the well-documented health advantages of breastfeeding for infants and mothers, San Pasqual Union School will provide a supportive environment for breastfeeding employees in compliance with state and federal laws. Breastfeeding employees will be provided reasonable break time to express milk in a clean, private, non-bathroom space.

### **Tobacco-Free Campus**

Students, staff, and visitors are prohibited from using, displaying, activating, promoting, or selling tobacco products or imitation tobacco products at any time on district property, at a district-sponsored event or meeting, and in district vehicles.

Students are prohibited from possessing tobacco or imitation tobacco products at any time and at any location on district property, at any off-campus, at a district-sponsored event or meeting, and in district vehicles.

### **Sun Safety**

Students shall be allowed to wear sun-protective clothing, including hats and sunglasses, and apply lip balm and sunscreen when going outdoors. Schools may specify the type(s) of clothing and other sun protection items that are or are not, permissible on campus.

Schools shall optimize shade options for students and personnel and shall encourage the utilization of existing shaded or indoor areas for congregation and recreation.

### **Community Health Engagement**

The district will promote to parents/caregivers, families, and the general community the benefits of and approaches for healthy eating and physical activity throughout the school year. Families will be invited to participate in school-sponsored physical activity programs and will receive information about health promotion efforts, including affordable health insurance plan enrollment. School-sponsored events will feature healthy food and beverage choices, including water. Schools are encouraged to engage with parents/caregivers, families, and the general community to cultivate school-community connectedness to increase positive student health outcomes.

**Staff Wellness**

The district will develop, promote, and oversee a multifaceted plan to promote staff health and wellness. The plan should be based on input solicited from school staff and should outline ways to encourage healthy eating, physical activity, and other elements of a healthy lifestyle among school staff.

**Staff Training**

The district shall offer periodic first aid and cardiopulmonary resuscitation (CPR) training.

School staff shall also be notified and trained (as allowed by law) in the use of any necessary medications that students are authorized to carry and/or use.

## **10. Social-Emotional Wellness and Mental Health**

The Governing Board recognizes that good physical and mental health is critical to a student's ability to learn and believes that all students should have access to comprehensive behavioral health services to support and encourage their well-being. The Board also recognizes that good physical and mental health is essential for teachers and other staff to be engaged, motivated, and effective.

Counseling and school psychological services will promote social and emotional development, enhance resilience, and provide protective buffers within the school community. Personnel will endeavor to intervene as early as is feasible when emotional, behavioral, and/or learning problems manifest and will help build a systemic response to matters that affect student well-being such as bullying, alienation, and disengagement.

### **Trauma-Informed Approach**

Students come to school with varying levels of adverse childhood experiences (ACEs) and are directly impacted by adverse community environments. Both impact the long-term development, health, and well-being of children. Chronic stress can manifest in the classroom as feelings of anxiety, irritability, or sadness, lack of participation, physical symptoms like headaches or stomach aches, or a lack of energy. Schools can help address community and individual trauma by providing equitable opportunities, physical safety, and supporting safe and healthy behaviors that promote self-care. To foster resiliency of the students, schools will implement a [trauma-informed approach](#) to the school environment through:

- Screening, identification, and referral of appropriate services to students and families from behavioral health school staff or other school personnel
- Maintaining the emotional safety of the students and providing supportive, compassionate responses to trauma histories and/or other adversities
- Implementing restorative justice practices to create safe and welcoming school environments, address harms, needs, obligations, and causes of conflict and harm
- Decreasing use of zero-tolerance policies in all grades
- Building and supporting self-regulation skills in the classroom like mindfulness and meditation to increase social-emotional wellness.

### **Comprehensive Student Support Programs**

Schools will develop programs to support student wellness, achievement, social-emotional health, positive school climate, and attendance. These programs can include:

- Creating opportunities for students to build significant relationships with adults and peers on campus through positive communication and mentoring
- Teaching and reinforcing social-emotional and life skills
- Encouraging meaningful participation through volunteerism, service learning, and teamwork.
- Encouraging school staff to prioritize positive physical, social, and mental health in students for students to be able to achieve their personal goals

- Mentoring, unconditional caring, and other behavioral health supports to promote a sense of purpose and future in students.

### **Personal or Mental Health Counseling**

A school psychologist or school social worker may provide individualized personal, mental health, or family counseling to students and staff per the specialization(s) authorized by their credentials. Mental health professionals, including a school psychologist, and student support staff use their skills and strategies to break down barriers to learning that affect attendance, behavior, or achievement. All students and staff shall have access to available counseling services which may include, but are not limited to, support related to social and emotional development, behavior, substance abuse, mental health assessment, depression, or mental illness. As appropriate, staff, students, and parents/guardians shall be informed about community agencies, organizations, or health care providers that offer qualified professional assistance.

The district will strive to address students' social, emotional, and behavioral health needs, ensure student access to highly qualified mental health professionals in the school setting (with appropriate student-to-professional ratios), and a referral pathway for connecting students to and coordinate with community-based providers as needed.

### **Crisis Counseling**

The Board recognizes the need for a prompt and effective response when students and staff are confronted with a traumatic incident. The school psychologist or social worker shall assist in the development of the comprehensive school safety plan, emergency and disaster preparedness plan, and other prevention and intervention practices designed to assist all students, parents/guardians, and staff before, during, and after a crisis.

Early identification and intervention plans shall be developed to help identify those students who may be at risk for violence so that support may be provided before they engage in violent or disruptive behavior.

### **Staff Training**

The Superintendent or designee shall identify crisis counseling resources to train district staff in effective threat assessment, appropriate response techniques, and/or methods to directly help the school community cope with a crisis if it occurs. The Superintendent or designee shall identify professional development resources to train teachers and staff in ACEs, trauma-informed approach, positive behavior intervention support, and resiliency building.

Resources for educators include:

[Child Trauma Toolkit for Educators](#)

[SDCOE Mental Health Supports](#)

[Teen Guide to Mental Health and Wellness](#)

[Charlie Health](#)



## **11. Marketing and Modeling**

### **Marketing**

School-based marketing will be consistent with nutrition education and health promotion, as described above. As such, the district prohibits the marketing and advertising of non-nutritious foods and beverages through signage, vending machine fronts, logos, scoreboards/ signboards, school supplies, educational materials, advertisements in school publications, coupon or incentive programs, or other means.

Healthy foods, including fruit, vegetables, whole grains, and low-fat and fat-free dairy products, will be promoted through participatory activities such as taste testing, working in school gardens, field trips to farms, and/or community gardens. Healthy foods will also be promoted within the school environment through prominent lunchroom displays, school announcements, posters throughout the school, and other strategies outlined by the [Smarter Lunchrooms movement](#).

The district will promote after-school sports programs and non-competitive physical activity programs through school announcements, school newsletters, and through posters and signage.

### **Staff Modeling**

Staff members in all district schools shall encourage healthy nutrition throughout the school day and while on the school site. The district will offer snacks that meet USDA nutrition standards in teachers' lounges to promote good nutrition and will encourage staff to use reusable water bottles.

School staff is discouraged from displaying in front of students any food/beverage items (soda, and/or energy drink containers, bags of chips, candy, etc.) that do not support the district's health messaging and wellness policy.

Staff are also encouraged to assist in modeling physical activity by participating alongside students in physical activity breaks and when incorporating physical activity into lesson plans connected to the existing curriculum.

## 12. Pesticides

The Healthy Schools Act of 2000 requires all California school districts to notify parents and guardians of pesticides they expect to apply during the year. During the 2024/25 school year, the San Pasqual Union School District intend to use the following pesticides on our school grounds:

Name of Pesticide	Active Ingredient(s)
Lesco Prosecutor	Isopropylamine salt of glyphosate
Speed Zone For Turf	2,4,-D, 2ethylhexylester
Suppress	Caprylic Acid
Lifeline	Propylene glycol monomethyl ether
RCO Omega gopher control ARV	H302, H311
Fastrac rodent ARV	Bromethalin
Taurus ants/crawling insects ARV	Fipronil
CB80 spiders/flying insects ARV	Pyrethrins, Piperonyl Butoxide
ZP Rodent bait ARV	H280,H302,H402,H412

The District will post notice at least 24 hours in advance of each application. Parents/guardians can [register with the school](#) to receive notification or individual pesticide applications. Persons who register for this notification shall be notified at least seventy-two (72) hours prior to the application, except in emergencies, and will be provided the name and active ingredient(s) of the pesticide, as well as the intended date of application.

Additional information regarding these pesticides and pesticide use reduction can be viewed at <http://www.cdpr.ca.gov>. Parents and guardians with questions about pesticide usage may contact the Director of Maintenance and Operations, at 760-745-4931.

### 13. Goals/Actions

Goal #	Category	Goal	Actions	Status
1	Health/ Nutrition Education	Shift school culture regarding food-based celebrations through health and nutrition based education/messaging .	1. Survey school community. 2. Monthly health/nutrition messaging, starting with <a href="#">SPU Healthy Choices flyer</a> . 3. Community Messaging <ul style="list-style-type: none"> <li>• Research from the Cleveland Health Clinic, <a href="#">Dr. Robert Lustig</a>, and <a href="#">Dr. Michael Goran</a> on sugar and metabolic health.</li> <li>• <a href="#">How Sugar Affects the Brain</a> and a Study</li> <li>• <a href="#">Metabolic Health</a></li> </ul>	In progress: Parent/Guardians surveyed with LCAP. Students surveyed with “School Meals Survey”
2	Competitive Foods	Promote healthy foods and non-food options for school celebrations.	1. See Goal #1, Action 2 2. Adjust messaging to include more restrictive Competitive Foods policy (Summer 2025)	In progress - Board presentation 6/24/25
3	School Meals	Explore locally-sourced healthy food options and partnerships.	1. Partner with Foodshed Cooperative Incubator Farm Hub <a href="https://www.foodshedcooperative.com/">https://www.foodshedcooperative.com/</a> 2. Research other local farm suppliers. <a href="#">SPU Wellness Plan Resource Directory</a>	Pending - Foodshed not yet active in SP Valley
4	School Meals	Reduce/Remove Artificial Dyes and Sugary Foods from school nutrition program.  <a href="#">RESEARCH - Food Dyes, Sugars, and</a>	1. Evaluate school menu offerings for presence of artificial dyes and added sugars. 2. Seek alternate product with less artificial dyes and sugar.	Ongoing - Food items with dyes and added sugars removed/ replaced.  <a href="#">Kitchen Updates</a>

		<a href="#">Learning</a>		
5	Policy Updates	Update Board Policy	Present recommendations to School Board on 6/24/25	

#### 14. **Appendix**

[SPU Wellness Plan Resource Directory](#)

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